Recipe

Texas-Style Beef & Black Bean Chili 🌶️

Here are 5 different ways to view the execution of this recipe. Choose the one that fits your cooking style best.

Format 1: The "Mise-en-place" & Execution Flow

Best for: Ensuring you have everything ready before you start the heat.

Mise-en-place:

- **The Protein:** 2-3 lbs Chuck Roast (1/2-inch cubes, seasoned with Salt/Pepper).
- **Aromatics:** 1 large White Onion (diced), 4 cloves Garlic (minced).
- **The Spice Blend:** 1 tbsp Chili Powder, 1 tbsp Smoked Paprika, 2 tsp Cumin, 1 tsp Oregano.
- **Liquids & Bulk:** 2 cups Beef Broth, 1 can (14oz) Diced Tomatoes, 2 cans (15oz) Black Beans (drained/rinsed).
- **The Buffer (Sides):** 1/2 Baked Russet per person, 2 cups Kale (chopped), 1 Garlic clove (sliced), Cilantro.

Execution:

1. **Sear:** Brown beef cubes in oil/tallow over high heat in batches. Remove.
2. **Sweat:** Lower heat. Cook onions (5m) then add garlic & spice blend (1m).
3. **Deglaze:** Add splash of broth, scraping fond. Return beef to pot.
4. **Simmer:** Add remaining broth, tomatoes, and beans. Cover and simmer low for 2-2.5 hrs.
5. **The "Buffer":** 10 minutes before eating, sauté kale with sliced garlic until wilted.
6. **Serve:** Ladle chili over/next to tepid potato. Side of garlic kale. Top with Cilantro.

Format 2: The "Flavor Layers" (Step-by-Step Build)

Best for: Understanding the sequential build-up of flavors.

1. **MAILLARD Layer:** Searing the chuck roast creates the deep, savory "meaty" foundation. Don't crowd the pan!
2. **AROMATIC Layer:** Onions provide sweetness; the spices (bloomed in hot oil/fat) release their oils to permeate the entire dish.
3. **UMAMI & ACID Layer:** The tomatoes provide acidity to balance the fat and break down collagen; the beef broth extends the meatiness.
4. **EARTH Layer:** The black beans absorb the chili liquid, becoming flavor bombs themselves.
5. **FRESH Layer:** The garlic-kale and fresh cilantro add a bright, bitter contrast to cuts through the richness of the beef.

Format 3: The "Chef's Shorthand" (Tactical)

Best for: Quick glances while cooking.

- **Sear** beef cubes hard. Set aside.
- **Sweat** onions.
- **Bloom** spices & garlic (1 min).
- **Combine** beef, liquids, beans.
- **Simmer** covered, low, 2.5 hrs (until tender).
- **Sauté** kale w/ garlic (last 10m).
- **Assemble:** Potato base -> Chili -> Kale -> Cilantro.

Format 4: The "Timeline" (Parallel Processor)

Best for: Optimization and multi-tasking.

Time	Action	Notes
T-2:45	Pre-Heat	Pot on High. Season beef.
T-2:40	Sear	Brown beef in batches.
T-2:30	Base	Cook onions, then spices.
T-2:25	Simmer	Return beef, add liquids/beans. Cover.
…	Wait	*Relax for 2 hours.*
T-0:15	Check	Beef tender? If not, keep going.
T-0:10	Sides	Sauté kale. Reheat potatoes if cold.
T-0:00	Eat	Assemble bowls.

Format 5: The "Sensory Script" (Audio-Visual)

Best for: Cooking by feel and intuition.

- **SOUND:** The sear should be a loud sizzle. If it goes quiet, you're steaming, not searing.
- **SMELL:** When you add the spices to the onions, the kitchen should instantly smell like taco night (warm cumin/chili).
- **TOUCH:** The beef is done when it offers zero resistance to a fork but doesn't instantly shred into strings (we want cubes).
- **LOOK:** The chili liquid should be dark reddish-brown and slightly thickened from the starch of the beans.
- **TASTE:** The kale should be salty and garlicky to stand up to the spicy chili.